



The
**Obesity
Collective**
Transform society with us



Lived Experience Advocacy Training in Australia

Produced by: The Obesity Collective



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Introduction

This document presents a curated but not exhaustive list of lived experience advocacy training opportunities available across Australia. It is designed as a practical resource for members of the Weight Issues Network, or individuals wanting to be part of the Win Digital Think Tank. This includes members of consumer groups, individuals with lived experience, carers, and community advocates who are seeking to build their skills, confidence, and influence in the obesity health system.

The training programs included here span a wide range of formats—from online modules and in-person workshops to downloadable resources and structured manuals. They cover general consumer advocacy, condition-specific training (such as mental health and obesity), and specialised topics like ethics and research participation.

These offerings have been developed by a diverse range of organisations, including consumer advocacy bodies, research institutes, health services, and non-profit training providers. Many of the programs are co-designed with people who have lived experience, ensuring that the content is relevant, respectful, and empowering.

By equipping consumers with the tools to engage meaningfully in health policy, service design, research, and governance, these trainings contribute to a more inclusive, equitable, and person-centred healthcare system.

We hope this resource supports your journey in advocacy and helps amplify the voices of those with lived experience of obesity in shaping better health outcomes for all.

Training Courses

General health consumer training

1. Lived Experience Australia (LEA)

Website: livedexperienceaustralia.com.au

Purpose: To provide training that supports clinicians, organisations, advocates, consumers, and carers, encouraging best practices in consumer and carer inclusion. These courses help consumers with strategies for looking after themselves, understanding emotional triggers, and build confidence to find their voice to speak up.

Training Offered (for Lived Experience Advocates and Representatives):

- [Advocacy Foundation Program](#) (2x 2hr session)
- [Using Personal Stories to Influence](#) (2 hr session)
- [Boundaries in Lived Experience Work](#) (2x 2 hr session)
- [Community of Practice](#) (including communication skills and self-reflection 6x 2hr sessions).

2. Health Consumers NSW

Website: [Training for community and health consumer representatives - Health Consumers NSW](#)

Purpose: This training program aims to educate and support health consumer representatives, providing them with the skills and knowledge needed to effectively engage in advocacy and representative roles within health services.

Training Offered:

- [CR101: Introduction to Consumer Representation](#): A free, 30-minute online course designed for beginners.
- [CR201: Exploring Consumer Representation](#): An in-depth online course offering essential training for consumer representatives.
- [CR202: Comprehensive Consumer Representative Training](#): A face-to-face workshop available on demand for larger groups from one organisation.

3. Health Consumers NSW

Joint Training for Researchers and Consumers in Research

Purpose: To foster collaboration between researchers and health consumers, equipping both groups with the knowledge and skills necessary to implement consumer involvement in health and medical research effectively.

Training Offered:

- [CCI101 – Introduction to Consumer Involvement in Health Research](#): Online course designed for beginners, covering the rationale for consumer involvement and different ways consumers can participate in health research. Three modules, approximately 1–2 hours to complete.
- [CCI201 – Who, How, and What of Consumer and Community Involvement](#): A four-hour, face-to-face workshop that provides an in-depth understanding of consumer involvement in research. Course available on request.

4. Health Consumers Council WA

Website: [Our Training – Health Consumers' Council WA](#)

Purpose: This training program aims to enhance consumer engagement and cultural competency within healthcare services. It provides individuals and organisations with the skills needed to effectively collaborate with consumers and improve healthcare outcomes. Available online or in-person.

Training offered:

- Introduction to Partnering and Engaging with Consumers: Covers key considerations for involving consumers in healthcare decision-making. Available online or in-person.
- Introduction to Consumer Representation: Designed for new consumer representatives, focusing on their role in the Australian healthcare system.
- Cultural Competency Training: Seeing Beyond Your Cultural Lens – A four-hour workshop that helps participants understand their own cultural perspectives and improve engagement with diverse communities.

5. Health Consumer CoLab Training

Website URL: <https://healthconsumercolab.com.au/training>

Purpose: This training program aims to equip health consumers and healthcare staff with the skills necessary to engage effectively in consumer-centred care, advocacy, and policy development.

Training offered:

- An Introduction to Consumer Engagement: A half-day or full-day program covering the principles of consumer engagement, consumer-centred care, and working with health services.
- Consumer Leadership & Influence: A half-day or full-day program designed for experienced health consumer advocates to expand their leadership and influence skills.
- Snapshot Sessions: Short training sessions (1–3 hours) covering various consumer engagement topics, tailored to the needs of participants.

6. Health Care Consumers

Website: [Training - HCCA](#)

Purpose: To provide wide range of training for consumers, community groups, community services, health services and health professionals. Free trainings, online or in-person on request at scheduled times of year.

Training Offered:

- Consumer Participation Training: For people who want to learn more about the ACT health system and possibly become consumer representatives on health committees. Approximately two-day to complete. Includes navigating ACT health system, staying safe, health advocacy, systemic advocacy, and how to become a consumer representative.

- Consumer Representatives Training: Learn how to participate and become a consumer representative. Runs over one day and is a shorter version of Consumer Participation Training.

7. Health Consumers Queensland

Website: [Training and Skills Building - Health Consumers Queensland](#)

Purpose: This free program introduces participants to the fundamentals of becoming a consumer representative and is suitable for anyone who would like to play a more active part in decision-making on behalf of all consumers of the health system.

Training Offered:

- Foundations Training: Learn, about what is a consumer representative is, how to navigate the health system, the benefits of consumer partnerships, the many ways consumers can be involved, the rights and responsibilities of a health consumer and how to apply for roles as a consumer representative.

8. Monash Partners Consumer and Community Involvement (CCI) Training

Website URL: [Consumer and Community Involvement - Monash Partners](#)

Purpose: This training program aims to support researchers, healthcare professionals, and consumers in effectively embedding consumer and community involvement in health and medical research. It provides practical strategies and frameworks to enhance collaboration and improve healthcare outcomes. Free online course modules.

Training Offered:

- Module 1: Introduction – Covers the values and principles of consumer and community involvement, including its benefits in research and healthcare improvement.
- Module 2: Planning – Provides guidance on integrating consumer involvement at different stages of research projects.
- Module 3: Ethics – Explores ethical considerations when engaging consumers in research.
- Module 4: Connecting with Consumers – Offers strategies for meaningful consumer engagement.
- Module 5: Committees and Groups – Discusses how to establish and manage consumer advisory groups.
- Module 6: Co-Design – Focuses on collaborative approaches to research and healthcare improvement.

9. Health Consumer Training- Tasmania

Website URL: [Health Consumer Training - Mental Health Families and Friends Tasmania](#)

Purpose: This training provides free education on health consumer representation and engagement for patients, carers, and community members. It aims to equip participants with the knowledge and skills needed to advocate for better healthcare services and policies.

Training Offered:

- Health Consumer Representation Training for Patients, Carers, and Community Members – A three-hour session covering Australia’s Charter of Healthcare Rights, the health consumer movement, and practical aspects of consumer representation.
- Health Consumer Representation Training for Health Staff – A separate three-hour session designed for healthcare professionals to understand how to partner with patients, carers, and communities in policy development and service improvement.

10. The Kids Research Institute Australia

Website URL: [For Consumers: An introduction to consumer and community involvement in health research - Involvement Works](#)

Purpose: This free, self-paced online training is designed to help consumers understand research and their role in research partnerships. It provides foundational knowledge on consumer involvement in health research and equips participants with the skills to engage effectively. Free to access online only.

Training Offered:

- Consumer Introduction Course – Covers key principles of consumer engagement, ethical considerations, and strategies for meaningful collaboration between researchers and consumers.
- Introductory Course for Researchers – Focuses on implementing consumer involvement in research projects, providing guidance on best practices for engagement.

11. Consumer and Community Involvement Program (E-course)

Website: <https://cciprogram.org/events-and-training/>

Purpose: This course offers an introduction to Consumer and Community Involvement (CCI) in health and medical research. It is designed for consumers, community members, researchers, administrators, policy makers and organisations involved in health research. The course, consisting of 3 parts, will take approximately 30 minutes to complete.

Training Offered:

- Introduction to Consumer and Community Involvement (CCI) Masterclass: The course provides an introductory ‘theory into practice’ approach and highlights the following topics: the importance and significance of CCI in health research and innovation; an in-depth understanding of the multiple ways consumers can be involved in research; and a ‘how to’ of designing a CCI Plan for research projects. Free for people with lived experience.
- Consumer and Community Involvement in Health Research e-Course: It is designed for consumers, community members, researchers, administrators, policy makers and organisations involved in health research.

12. University of Sydney

Website: <https://short-courses.sydney.edu.au/course/CHR1>

Purpose: To build foundational knowledge for consumers, researchers, and clinicians on how to partner effectively in health research. The course aims to foster meaningful collaboration and shared decision-making between consumers and research teams.

Training Offered:

- Introduces the rationale for involving consumers in health research. Explains key terms and levels of consumer involvement. Describes benefits, barriers, and enablers of consumer engagement. Outlines how consumers can participate across the research cycle. Self-paced, 1 hr completion time and delivered online.
- Consumers in Health Research the Basics: Introduces the “why,” “what,” and “how” of consumer involvement in health research. Covers key concepts, levels of involvement, and benefits of partnership.
- Consumers in Health Research the Practicalities: Hands-on training co-facilitated by a researcher and a consumer. Focuses on practical skills for partnering in research, including real-world collaboration and shared decision-making.

13. LinkedIn Learnings

Website: <https://learning.linkedin.com/content-library>

Purpose: Learnings vary in aims and objectives but include small business management, marketing, communication skills and social media usage.

Trainings offered:

- Communicating with confidence (<https://www.linkedin.com/learning/communicating-with-confidence-23450131>). Discover the foundational skills of a successful communicator, developing your power of presence along the way. Learn how to manage your message, master your voice and body language, communicate with confidence digitally, and handle nervousness and overcome your fear. Upon completing this course, you’ll be equipped with the self-awareness you need to continue building your skills and improving your communication style. This course is part of a Professional Certificate from LinkedIn Learning. This course is part of a Professional Certificate from Toastmasters International.

14. WAHTN (Western Australian Health Translation Network)

Website: retprogram.org

Purpose: This interactive, self-paced online course introduces the principles and practices of Consumer and Community Involvement (CCI) in health research. It is designed to help consumers, researchers, and health professionals understand how to engage meaningfully in research partnerships and improve health outcomes through inclusive collaboration.

Training Offered:

- Consumer and Community Involvement and Grant Writing

- Consumer and Community Involvement in Health Research: Learn what Consumer and Community Involvement is—and isn't, why CCI is important in health research, current practices and stages of CCI implementation and foundations for further involvement in research projects.

Training for Specific Health Conditions

1. Mental Health Carers NSW

Website: <https://www.mentalhealthcarersnsw.org/events/carer-consumer-community-of-practice-intermediate-advocacy-training-for-lived-experience-advocates/>

Purpose: Carer and Consumer: Community of practice: Intermediate Advocacy Training for Lived Experience Advocates. To provide training for mental health carers and advocates. Delivered online and no fee or cost. 4-hour duration.

Training Offered:

- The User's Guide to the NSW Mental Health System: Introduces participants to the complexities of the NSW mental health system and provides basic knowledge to help one navigate it and be a better advocate for themselves and others. This course touches on mental health and the processes and systems that are in place to support people experiencing different degrees of mental health issues.
- Navigating Carer Support Systems introduces participants to the major support systems for people with a lived experience of caring and a lived experience of a psychosocial disability and/or mental illness in NSW – the Family and Carer Mental Health Program, the Integrated Carer Support Service/Carer Gateway and the National Disability Insurance Scheme.
- Recovery Oriented Practice introduces participants to the empowering concept of recovery as a way to view an individual's journey through mental health. Recovery oriented practice as a model of care within the mental health system is discussed, as are strategies for supporting a mental health carers self-care.
- Community of Practice: Designed for intermediate advocates eager to expand their expertise. This free monthly program, consisting of six 2-hour online sessions. This training aims to further enhance the skills of advocates in mental health, including non-paid mental health carers, consumers, and community representatives.
- Purposeful Storytelling: Introduces participants to sharing their lived experience safely, to protect themselves and others from physical/emotional harm. This course covers the principles and practices that inform purposeful storytelling, elements to consider when crafting your story and how to prepare for sharing your story.
- Carers & Advocacy: Foundations introduces participants to the beginning of their advocacy journey, so carers can develop a general understanding and start to build their capacity to advocate for themselves and their loved ones. This course covers the basics of advocacy, the types of advocacy, who is involved and features of the journey.

- Healthy Boundaries introduces participants to the importance of setting healthy boundaries, to protect and take care of themselves. This course covers the properties of boundaries, some general steps that can be followed to set healthy boundaries, and approaches for maintaining healthy boundaries.
- Inclusive Care Planning: introduces participants to how all persons involved in someone's care network can work inclusively and collaboratively to achieve positive outcomes.

2. Lived Experience Leadership and Advocacy Network

Website: elan.org.au<https://www.hcca.org.au/events-and-training/training/>

Purpose: The LEDGE (Lived Experience Development, Governance & Education) project provides free, self-paced online (1-3 hour) training modules for individuals who want to use their lived experience of mental distress, social issues, or injustice to influence decision-making in the mental health and social services sectors.

Training Offered:

- Sharing Stories Safely: Learn foundations for using personal experience in advocacy and focus on boundaries, safety, and impact.
- Lived Experience Leadership: Learn skills for leading with lived experience, includes influence, representation, and strategic engagement.
- Governance Foundations: Understanding governance structures, roles and responsibilities in boards and committees and designed for those interested in formal leadership roles.

3. La Trobe University

Website: <https://www.latrobe.edu.au/research/centres/health/bouverie/courses/pdf/single-session-peer-work>

Purpose: The introduction of 'Single Session Framework for Carer Lived Experience Workforce' (SSF-CLEW) training both complements and serves as a valuable framework and tool for direct and effective peer support work. The framework is based on principles and practices of collaboration/partnership and the connections and shared knowledge of lived experience. It promotes a stance of respectful and honest engagement with carers in supporting them to identify, prioritise and begin to address their needs and concerns.

Training Offered:

- Workshop: SSF-CLEW training will provide participants with facilitation skills and knowledge of key ideas and practices from a single session framework, to be able to effectively support their direct engagement and support work with mental health carers (e.g., to facilitate phone contact or meetings with carers).

4. Seat at the Table (SATT) Program – BCNA

Website: bcna.org.au

Purpose: The SATT program trains individuals with a lived experience of breast cancer to become consumer representatives. These representatives contribute to decision-making processes in healthcare, research, policy, and service design,

ensuring the consumer voice is central to improving outcomes for people affected by breast cancer.

Training Offered:

- Who is BCNA: Introduction to the organisation and its advocacy work.
- The Science of Breast Cancer: Foundational knowledge of breast cancer biology and treatment.
- The Role of the Cancer Consumer Representative: Understanding responsibilities, boundaries, and effective representation.
- Workshop: Delivered by BCNA's Executive and Policy & Advocacy teams and focuses on practical skills, communication, and strategic engagement.

5. Cancer Council NSW

Website: <https://www.cancer council.com.au/research/community-involvement-research/>

Purpose: All training is free to attend. Participation is voluntary and open to anyone interested, regardless of prior experience with cancer or research. Aimed at understanding more about effective consumer and community engagement for research.

Training Offered:

- Consumers in Research Online Training Self-paced online (approx. 2 hours). Four short modules introducing health and medical research, the role of consumers, and basic research concepts. Required before attending the workshop.
- Consumers in Research (CiR) Workshop: Hybrid (in-person or online). Overview of cancer research in NSW, presentations from researchers and consumers, and discussion on consumer roles in research.

Training in specific topics

1. PRAXIS Australia

Website: <https://praxisaustralia.com.au/services/human-research-ethics-essentials>.

Purpose: Our Essential HREC Training Course provides a deeper understanding of the purpose and function of an HREC and all roles within the committees. During this course students will be involved in online learning environments facilitated by leading Human Research Ethics experts and will be conducted at various locations nationally. The anticipated course duration is 3 months, with an average commitment of 1.5 hours per week. This is a comprehensive, self-paced online course designed for HREC members, researchers, research managers, and anyone new to human research ethics. It includes 10 online modules featuring videos, downloadable resources, case studies, and short activities developed by experienced ethics professionals. The course is aligned with the revised *National Statement on Ethical Conduct in Human Research*.

Training Offered:

- Essential Human Research Ethics Committee Training Course: This course aims to build a strong foundation in ethical research review and governance. Participants will: Understand the role and responsibilities of HRECs, apply ethical principles to real-world research scenarios, gain confidence in reviewing research proposals and contributing to ethical decision-making, receive a PRAXIS Statement of Attainment and may claim 18 CPD points upon completion.

2. Monash Partners Ethics

Website URL: [Consumer and Community Involvement - Monash Partners](#)

Purpose: This training program aims to support researchers, healthcare professionals, and consumers in effectively embedding consumer and community involvement in health and medical research. It provides practical strategies and frameworks to enhance collaboration and improve healthcare outcomes. Free online course modules.

Training Offered:

- Module 3: Ethics – Explores ethical considerations when engaging consumers in research.

3. Consumer and Community Involvement Program (E-course)

Website: <https://cciprogram.org/events-and-training/>

Purpose: This course offers an introduction to Consumer and Community Involvement (CCI) in health and medical research. It is designed for consumers, community members, researchers, administrators, policy makers and organisations involved in health research. The course, consisting of 3 parts, will take approximately 30 minutes to complete.

Training offered:

- Introduction to Consumer and Community Involvement (CCI) Masterclass: The course provides an introductory ‘theory into practice’ approach and highlights the following topics: the importance and significance of CCI in health research and innovation; an in depth understanding of the multiple ways consumers can be involved in research; and a ‘how to’ of designing a CCI Plan for research projects.

4. The Obesity Collective

Website: theobesitycollective.org.au

Purpose: To reduce the health and wellbeing impacts of obesity in Australia through collaborative actions and advocacy.

Training offered:

- Advocacy Training Grants: Support for leaders within the Weight Issues Network (WIN) to enhance advocacy skills and respond to media inquiries.
- Community Meetups: Monthly online gatherings for people living with obesity to share experiences and receive training in storytelling and advocacy.

In-person training events/ workshops

1. Health Consumers NSW

Website: [Training for community and health consumer representatives - Health Consumers NSW](#)

Purpose: This training program aims to educate and support health consumer representatives, providing them with the skills and knowledge needed to effectively engage in advocacy and representative roles within health services. Courses provide education, support and networking opportunities for new and experienced health consumers engaged in advocacy and representative roles within health services or those who are looking to be involved in consumer representation.

Training offered:

- [CR202: Comprehensive Consumer Representative Training](#) – A face-to-face workshop available on demand for larger groups from one organisation.

2. Health Consumers Council WA

Website: [Our Training – Health Consumers' Council WA](#)

Purpose: This training program aims to enhance consumer engagement and cultural competency within healthcare services. It provides individuals and organisations with the skills needed to effectively collaborate with consumers and improve healthcare outcomes. Online and in person options

Training offered:

- [Introduction to Partnering and Engaging with Consumers](#) – Covers key considerations for involving consumers in healthcare decision-making. Available online or in Perth Metro area.
- [Introduction to Consumer Representation](#) – Designed for new consumer representatives, focusing on their role in the Australian healthcare system. Available online or in Perth Metro area.
- [Cultural Competency Training: Seeing Beyond Your Cultural Lens](#) – A four-hour workshop that helps participants understand their own cultural perspectives and improve engagement with diverse communities.

3. Health Care Consumers

Website: [Training - HCCA](#)

Purpose: To provide wide of training for consumers, community groups, community services, health services and health professionals. Free trainings below that are on request or scheduled certain times of year.

Training offered:

- [Consumer Participation Training \(2 day\)](#) for people who want to learn more about the ACT health system and possibly become consumer representatives on health committees. Runs over two days in-person or online. Includes navigating ACT health system, staying safe, health advocacy, systemic advocacy, and how to become a consumer representative.

- Consumer Representatives Training (1 day) Learn how to can participate and become a representative in this course. Runs over one day and is a shorter version of Consumer Participation Training. It is held online or in-person. Health organisations can also request training for consumers joining committees.

4. Public Health Advocacy Institute

Website: <https://www.phaiwa.org.au/advocacy-training/>

Purpose: The Public Health Advocacy Institute (PHAI) provides public health professionals at all levels with an opportunity to improve essential advocacy skills, including effective preparation and planning, identifying critical evidence including that which the opposition may use and ideas on innovative advocacy strategies to persuade policy, in a supportive learning environment. Delivered anywhere in Australasian region via web or in-person. Booked on demand and fees apply.

Training offered:

- Advocacy 101: To present a strong, persuasive case to influence policy, health or environments, you need to sharpen several core advocacy skills. Our courses will assist you to do this.
- Advocacy in Action: A two-day advanced advocacy skills-based workshop where participants walk away with a planned advocacy program.
- Customised Advocacy: Customised advocacy skills workshops to develop 'in-house' advocacy programs for public health departments, and organisations, or target groups.
- Advocacy Short Course: 5-day intensive advocacy workshop tailored to individual participant's level of experience and personal advocacy goals.
- Community Based Advocacy: This one-day course will provide the basic information and skills needed for community or volunteer groups to influence issues and local decisions or policy.
- Getting your message out: This one-day workshop focuses on the importance of generating a consensus-based key message and how to generate enthusiasm around those messages to influence.
- Healthy Homes: Usually a two-day program, these workshops focus on the importance of health within the home, the key diseases related to a home environment and what actions can be taken to tackle these complex issues.

5. Non-Profit Training

Website: <https://nonprofittraining.com.au/>

Purpose: Educating and empowering those with purpose. Tailored online and face-to-face training services to educate and empower non-profit organisations, so they can focus on their purpose and deliver better outcomes to the community.

Training Offered: Not-for-profit Boards are concerned about delivering the greatest value possible to their community. Our range of Board training will help your Board focus their attention on what's important as well as be clear on their roles and responsibilities. Our programs include:

- Board induction training



- Board and committee succession planning
- Governance training
- Board chair training
- Financial literacy training for not for profit boards
- Strategic planning
- Risk management training: Identifying governance and finance red flags training
- Essential board reporting
- Board compliance
- Finance Training
- Risk management training: Identifying governance and finance red flags training
- Grant Writing Training for Non Profit Organisations
- Leadership / Project Management Training
- Emerging Leaders Program
- Attracting, Retaining and Recruiting Volunteers Training
- Project Planning and Management Training
- Writing and Presenting Non Profit Board Papers
- Handling Challenging Members and Volunteer-related Situations for Non-profit Organisations
- Managing Conflict Training
- Non Profit Marketing Training

6. Institute of Public Administration Australia

Website: <https://www.ipaa.org.au/learning-and-development/>

Purpose: Provides Training for all Australian states. IPAA provides learning, training, and tailored professional development programs to best suit the needs of public sector professionals. Multiple delivery modes: in-person, in-house, online, or hybrid.

Trainings offered:

- Advanced Communication Skills
- Advanced Presentation Skills
- Analysing and Presenting Data
- Building a Business Case
- How Modern Government Works
- Influencing
- Skilled Minute Taking
- Stakeholder Engagement
- Write Right
- Building High Trust Teams
- Communicating for Success
- Communication & Conflict Resolution around Change

7. Athena – Consumer Workforce Consulting

Website: <https://www.athenacwc.com.au/courses>

Purpose: These introductory modules are designed for people new to consumer work or those seeking to understand its core principles.

Training Offered:

- Foundations in Consumer Perspective Work Covers the history of the consumer movement, the discipline of consumer perspective, and the roles within the consumer workforce.
 - Introduction to Human Rights in Consumer Work Explores how human rights principles underpin consumer work and how to apply them in practice.
Applied Course options: These are skill-building workshops for consumer workers already in the field who want to deepen their practice.
 - Effective Engagement and Influencing Strategies Focuses on using your voice to influence systems, services, and policy through strategic communication and advocacy.
 - Co-production in Practice Offers tools and frameworks for authentic, participatory co-design and co-production with services and communities.
 - Cultivating Allies Teaches how to identify, engage, and collaborate with allies to advance consumer workforce goals.
- Breadth and Leadership Courses These programs support broader development and leadership within the consumer workforce:
- Consumer Workforce Leadership Development Program A comprehensive 12-month program including 10 half-day workshops, co-reflection groups, individual mentoring, and a leadership panel. It builds strategic, reflective, and systems-level leadership skills.

Health Consumer Resources

1. Butterfly Foundation

Website: [Sharing your lived experience safely - Butterfly Foundation](#)

Purpose: To support individuals in sharing their lived experience safely, particularly in the context of eating disorders and body image issues. Resources are available online for individuals considering sharing their lived experience.

- Sharing Your Lived Experience Safely: Advice on self-care, setting boundaries, and managing stress associated with advocacy work.
- Support Networks: Encouragement to have a support system in place when engaging in advocacy.

2. WAHTN WA Health Translation Network

wahtn.org/wp-content/uploads/2021/09/WAHTN-CCI-Handbook_29092021.pdf

Involving Consumers in Health and Medical Research: A practical handbook for organisations, researchers, consumers and funders. The value of involving consumers in health and medical research cannot be underestimated. Consumer and community involvement (CCI) brings a unique perspective to all areas of research

including planning, policy, funding, evaluation and reporting, as well as participation in the research project.

WAHTN has developed a CCI Handbook as part of an Australian Health Research Alliance national initiative funded by the Medical Research Future Fund, with additional support from our partners. It complements the rich suite of consumer involvement research, frameworks, policies and toolkits that have been developed by governments and organisations Australia-wide and internationally, and addresses a key barrier to embedding CCI: how to start. Handbook link here: wahtn.org/wp-content/uploads/2021/09/WAHTN-CCI-Handbook_29092021.pdf

3. Institute for Health Transformation

<https://iht.deakin.edu.au/our-research/health-consumers-centre/>

Before its closure, Health Issues Centre developed many resources to support healthcare organisations and consumers to partner more effectively. These resources were previously available on the Health Issues Centre website, which has now shut down. Resources in this resource library include:

- Evaluation Framework 2023
- Evaluation Checklist
- Guide to engaging diverse consumers in organisational and governance structures
- Consumer Model: Partnering with Healthcare Organisations

4. Consumers Health Forum of Australia

<https://chf.org.au/guidelines-consumer-representatives>

- Resources include key information about being a consumer representative on committee. Including:
 - What is a consumer representative?
 - The role of a consumer representative
 - Consumer rights
 - The first steps for consumer representation
 - Who do you represent?
 - Your obligations / expectations
 - Expectation of the organisation
 - Scenarios

Downloadable and useful resources on:

- Strengthening meeting skills for teleconferences
- Confidentiality guidelines
- Guidelines for consumer representatives on conference organising committees

- How committee secretariats can support consumer representatives
- The little purple book of Community Rep-ing
- A Guide for Consumers: Partnering with Health Organisations
- Resource for consumer representatives to assess the impact of new health initiatives and policies on consumers, with permission from the Australian Government Department of Health and Ageing

5. Health Consumers Queensland

Downloadable resources:

[A Guide for Consumers Partnering with Health Organisations \(2018\)](#)

<https://www.hcq.org.au/guides/#>

This is focused on consumers partnering with health organisations. The guide is specific to the Queensland Health System, but has many valuable topics that are general to consumer engagement. Topics include:

- The value of consumer partnerships
- How to become a consumer partner
- Roles and responsibilities
- How to prepare for committee meetings
- When a partnership is not working
- Looking after your wellbeing

6. Health Consumers Alliance of SA

Downloadable resources: Health Consumers Alliance of South Australia South Australian Consumer Advocate Guidebook (2020) here

<https://www.hcasa.asn.au/consumers/consumer-guidebook/>

Aspects are contextualised to South Australia but the guidebook also contains a lot of generic and useful information.

Topics include:

- About consumer engagement
- Core skills for consumer advocacy
- Working of committees
- Expectations for consumer advocated
- Skills for meetings and minutes
- Raising issues and concerns

7. National Health and Medical Research Council

Website: <https://www.nhmrc.gov.au/about-us/consumer-and-community-involvement/consumer-and-community-engagement>

NHMRC promotes meaningful engagement of consumers and communities throughout all stages of health and medical research and healthcare policy development. This engagement ensures that research outcomes are relevant, inclusive, and aligned with the values and needs of the people they aim to serve.

8. Consumer and Community Involvement Guidelines

Consumer and community engagement | NHMRC

NHMRC provides downloadable resources that outline best practices for involving consumers in research and guideline development. All engagement guidelines and procedural documents are available for download directly from the NHMRC website. Including:

- Expectations and value – Framework for effective consumer and community engagement in research
- Measuring alignment with consumer and community expectations in research
- Measuring effectiveness of consumer and community involvement in research
- Considering impact of research from a consumer and community perspective
- Self-assessment of consumer and community involvement in research
- Becoming Involved in Research: A Guide for People Living with Dementia, their Care Partners and Family Members

9. South Australia Health

Consumer Representative Training Handbook

<https://saambulance.sa.gov.au/app/uploads/2021/11/SAAS-Consumer-Representative-Training-Handbook.pdf>

Downloadable resource that includes information on:

- Consumer Engagement
- Who is a Consumer Advocate?
- Core Skills for Consumer Advocacy
- Personal Qualities and Skills
- Working on Committees
- There are many types of committees all with different roles and functions
- Terms of Reference (TOR)
- Expectations for Consumer Advocates
- Skills for Meetings and Minutes
- Preparing for a Meeting
- During Meetings
- After Meetings
- Minutes
- Raising Issues and Concerns
- Consumer Sitting Fees and Cost Reimbursement
- Why Consumers Receive Sitting Fees and Cost Reimbursements
- Resources for Consumer Advocate

Conclusion

This compilation of lived experience advocacy training opportunities across Australia highlights the breadth and depth of current resources available to support consumers, carers, and community advocates in their journey toward meaningful engagement in the health system. From foundational skills in consumer representation to specialised training in ethics, research, and condition-specific advocacy, these programs reflect a growing commitment to inclusive, person-centred healthcare.

For individuals living with obesity and those advocating on their behalf, these training programs offer vital pathways to amplify Lived Experience voices, influence policy, and contribute to service design and research. Investing in these learning opportunities, will strengthen the capacity of the obesity advocacy community and foster a more equitable health system that values lived experience as a cornerstone of progress.